



City of San José
2018 Wellness Rewards Program

FREQUENTLY ASKED QUESTIONS

Q: What is 2018 Wellness Rewards Program?

A: The Wellness Rewards Program allows eligible employees a financial reward for participating in the City's Wellness program.

Q: Why is the City offering Wellness Rewards Program for 2018?

A: Employer-sponsored wellness programs can reduce escalating healthcare costs while improving the health, happiness and overall quality of life of its participants. The City's Program is designed to increase self-awareness by helping you understand your current health status, to provide simple ways to either stay healthy or work to become healthier in collaboration with your Primary Care Physician (PCP), and to help you be a more informed medical consumer. The 2018 Wellness Rewards Program gives you the opportunity to earn up to a total of \$50.00 or fulfilling certain wellness requirements.

Q: How does the for program work?

A: You can earn \$35 by participating in Basic Rewards Program.

- Choose your Primary Care Physician (PCP) and Dentist.
- Complete your annual preventative physical, dental and vision checkups, and biometrics.
- Monitor your cholesterol levels, weight, blood pressure, and glucose.

You can earn an additional \$15.00 by participating in the Enhanced Rewards Program.

- Complete all steps of the Basic Rewards Program.
- Use an alternative mode of transportation to get to work.

Q: How will the City determine if I have fulfilled all requirements?

A: By signing the enrollment form you agree to fulfill the requirements for the Wellness Rewards Program.

Q: Am I eligible?

A: Eligible employees are full-time and part-time benefited City employees classified at 20 hours per week or more. **Employees enrolled in Health In-Lieu are not eligible for the 2018 Wellness Rewards Program.**

Q: When is the Wellness Rewards Program available?

A: The Wellness Rewards Program will be available beginning on January 1, 2018 and ends on September 30, 2018, with the reward to be included on the December 7, 2018 paycheck. *Payment of Wellness Rewards is subject to funding availability.*

Q: How do I enroll?

A: You can enroll during Open Enrollment (October 23, 2017 through November 13, 2017). After Open Enrollment, complete and submit the Wellness Rewards Program Enrollment/Change Form which is available from the Human Resources Benefits website: <http://www.sjcity.net/index.aspx?nid=245>

Q: Can I participate in the Wellness Rewards Program anytime?

A: You can enroll, change or cancel your participation in the Wellness Rewards Program at any time until September 30, 2018. You can enroll during Open Enrollment and anytime by submitting a Wellness Rewards Enrollment form to HR.

Q: Is there a fee to participate?

A: No, there is no fee to participate.

Q: When will I receive my rewards?

A: Your reward will be paid out with the December 7, 2018 paycheck. *Payment of Wellness Rewards is subject to funding availability.*

Q: Will I have to pay taxes on the amount of my Rewards?

A: Yes, these amounts will be subject to tax withholdings.